

 Eastern Health Laboratory Medicine	Section: Management System\Eastern Health\Client Services\Collection Manual	
	Title: Collecting a HVA and VMA 24 Hour Urine Specimen	Number: 14044
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How to Collect a HVA and VMA 24 Hour Urine Specimen

Note: Keep container refrigerated during the time you are collecting and until you bring it to the laboratory.

 Poison	Caution: The bottle contains a preservative which may burn your skin. DO NOT remove the preservative from the bottle. Keep the bottle upright so it does not spill. Urinate (pee) into a clean dry plastic container and transfer the urine to the collection bottle.
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 Corrosive	DO NOT splash when pouring urine into bottle KEEP OUT OF REACH OF CHILDREN. IF LIQUID IN BOTTLE IS SPLASHED OR SPILLED, WASH SPILL IMMEDIATELY WITH WATER
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Please read all this material **before** you start your urine collection.

Samples not labelled correctly and/or do not have a complete requisition will not be processed. To ensure correct test results, follow instructions carefully.

Before Collecting:

- Collection is performed over a 24 hours period.
- Certain foods and medications can interfere with the test. The following diet and medication restrictions must be followed for **72 hours before and during all of the urine collection** (24 hours):

Avoid all of the following foods and compounds.

*Coffee (Caffeine)
Chocolate
Nicotine (smoking)*

*Cola drink
Vanilla
Banana*

*Tomato and tomato-based products
Tea*

Avoid all of the following over-the-counter medications.

ASA (e.g. Aspirin)

Ask your doctor whether it is safe for you to stop taking the following prescription medications as they may affect the test results.

Levodopa (L-dopa)

Methyldopa

Bactrim

Look for the collection procedure on the back of this sheet

Uncontrolled When Printed

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Documents marked "Uncontrolled" must be validated against the current electronic version prior to each use

How to collect the samples:

- Throw out your first morning urine sample. Make sure your bladder has been completely emptied. Write this time and date on the collection bottle label. This is the **START TIME**.
- The next time you urinate collect the full urine sample into a clean dry plastic container and transfer to the collection bottle. The collection bottle should be kept between 2-8°C during the collection.
- Collect all urine from each time you urinate for the complete 24 hour period. Close the lid securely and gently mix the bottle after each urine sample is added.
- Collect the last urine sample exactly 24 hours after your **START TIME**, which should be a first morning urine. Try to collect a urine sample at this time even if you do not feel the urge to urinate. Write this time **and** date on the collection bottle label. This is your **FINISH TIME**.
- If you try to urinate at the finish time but cannot produce urine, this is still an acceptable 24 hour urine sample. Write this as the **FINISH TIME** on the label.
- It is important to clearly label the collection bottle with your full first and last name and Personal Health Number, MCP # or Personal Identification Number (e.g. Refugee, Immigration, Passport etc) as well as the start and finish date and time of the urine collection period.
- Bring the collection bottle and the requisition to the laboratory the same day the test is finished. If the collection is done on a weekend, **KEEP the collection bottle in between 2°C to 8°C** and bring to the lab Monday morning.
- Hand the collection bottle and requisition to lab staff to ensure all collection requirements are met.

Important:

If one of the urine samples is thrown out by mistake and not added to the collection bottle, the test must be started over.

Storage of the Collection Bottle:

- Refrigerate the collection bottle at 2°C to 8 °C during the collection and storage.
- Keep the lid of the collection bottle on and tight.